



West Valley City Fitness and Recreation Center News

Winter Itty Bitty Ball Instructional Basketball League for Boys and Girls Ages 4 – 6

February 18 – March 24
Saturdays starting at 10 a.m.

Members: \$40
Non-Members: \$42

Includes photo, T-shirt, and award

Registration due Jan. 30, 2012

Late fee will be applied after registration date



Winter Big Kids Ball Instructional Basketball League for Boys and Girls Ages 7 – 10

February 14 – March 22
Practices on Tuesdays; Games on
Thursdays beginning at 6 p.m.

Members: \$40
Non-Members: \$42

Includes photo, T-shirt, and award
Registration due February 4, 2012

Late fee will be applied after registration date



Looking for a great start to the New Year?

Want to do something the whole family can enjoy? The West Valley City Family Fitness Center has you covered. For less than \$1 per day, your family can get a membership and enjoy all that we have to offer.

Call 801-955-4000 or stop by our front desk today and start the New Year off right.

Membership Has Its Advantages!

- Affordable rates...family memberships for less than \$1 per day!
- FREE Member Fun Events
- FREE childcare (1st hour free, \$1.50 each additional hour per child)
- 2 FREE fitness assessment sessions per year
- 1 FREE four-week fitness class pass each year
- FREE body composition testing
- Members-only locker rentals
- FREE use of rental equipment
- Discounts on programs and special events
- Ask about our Recruitment Rewards Program...Bring a friend!

We also offer fitness classes for kids, swimming lesson for all ages, teen summer programs, wellness programs and much more!

Host Your Next Birthday Party at the Family Fitness Center

Enjoy Fitness Center activities like swimming, rock climbing, basketball or playing in the Edutainment center.

Several party options to choose from. Call the Front Desk at 801-955-4000 for more information

Party may be located in the party rooms adjacent to the pool or in the Edutainment Center.

Reservations must be made at least one week in advance.

West Valley Dance Force Sessions begin in January

Choose from a variety of formats that include: Ballet, Jazz, Combo, Tumbling, Hip-hop and more.
Beginning, Intermediate and Advanced Classes are offered

Fees:

Member: \$28 per month
Non-member: \$30 per month
Additional class: \$15 per month
Unlimited Classes: \$65 per month

A one-time yearly registration fee of \$10 is required.

For additional information about registration or dance classes please call the dance hotline at 801-955-4030 or visit www.wvdanceforce.blogspot.com



After School Kamp (Kids 5-11 years old)

Monday – Friday
3:30 p.m. – 6 p.m.

Activities Include:

Yummy snacks, super sports, rock climbing, arts, super science, swimming, Kidz ZUMBA, and more!

\$30 per week per child OR
\$7 per day per child

After school Kamp includes transportation from Monticello Academy, Valley Crest, Monroe, Whittier, and Write Elementary Schools to the West Valley City Family Fitness Center.

Children from any other school may attend however transportation WILL NOT be provided.

Those wishing to participate in both the Before and After School Kamps, the cost is \$45 per week per child OR \$9 per day per child.

Registration is due by Wednesday at 1 p.m. the week prior to the beginning of camp. No late registrations or date changes accepted.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

